



Metro getting bigger, better in Edmonton

NEWSPAPERS The Metro brand continues to grow by leaps and bounds both in Edmonton and nationwide.

Metro Canada's readership has continued to grow, making it the most-read national daily newspaper in Canada, according to results released yesterday by the Newspaper Audience Databank (NADbank). Metro Canada now reaches 1,293,100 daily and 2,764,500 weekly readers coast to coast in Halifax, Montreal, Ottawa, Toronto, Calgary, Edmonton and Vancouver. In comparison to NADbank 2008 results, this represents an increase of 142,900 readers, or an increase of 12 per cent, daily and 285,500, or a 12 per cent surge, in weekly readership.

"After three years in the marketplace, and despite a challenging economy, Metro Edmonton continues to grow," said Metro Alberta publisher Steve Shrout.

Metro Edmonton showed the highest increase with adult readers aged 18-49 in the marketplace. Metro Edmonton would like to thank readers for their support.

METRO EDMONTON



On the web
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Hudson's Taphouse St. Paddy's parties



Karen Wedel, Joyce Tu, Jessica Stevenson, David Upham and Elise Babyn show their enthusiasm for St. Patrick's Day in Hudson's Taphouse on Whyte Avenue last night. More St. Patrick's Day coverage, page 3.

Slick PR move

Province to roll out campaign to shine up oilsands' image

The Alberta government will be rolling out initiatives over the next few weeks to combat "propaganda campaigns" against the oilsands, the province's energy minister told a business audience yesterday.

"We have seen our province and our industry under attack from well-funded international groups and that's not going to lessen. I think it's just going to simply escalate," Ron Liepert told the Calgary Chamber of Commerce.

"Our biggest challenge will be the one where outsiders attack our credibility, where well-funded international groups paint us

"A lot of them are manufactured in Ontario or Quebec and I don't think those provinces realize that as Alberta goes, they go." Energy Minister Ron Liepert

as uncaring of the environment during a time of international environmental correctness."

The oilsands have been the target of fierce criticism from environmental groups, who say the industry guzzles too much fresh water, harms wildlife and emits huge amounts of carbon dioxide. Some of the most ardent opposition has been in the United States and Europe.

"We will not sit idly by

and let those propaganda campaigns happen," Liepert said.

"Our future success lies not in what we do within our own borders, but rather how we develop markets and sell ourselves outside of the province."

Canadians outside Alberta need to understand how development of Canada's oilsands positively affects their own finances through equalization payments and the creation of manufactur-

ing jobs, he said.

"There's not a lot of product that goes into the construction of an oilsands plant that comes from Alberta," Liepert told reporters.

"A lot of them are manufactured in Ontario or Quebec and I don't think those provinces realize that as Alberta goes, they go."

When pressed on what precisely the new initiatives will entail, Liepert said: "You'll have to wait."

However, engaging youth is a key strategy, as the government works with the education department to incorporate more "energy literacy" into school curricula.

THE CANADIAN PRESS

Foreign workers getting scammed: NDP

LABOUR Alberta New Democrats say a growing number of temporary foreign workers in the province are being ripped off by their employers.

The NDP released government records yesterday that show up to 74 per cent of inspected businesses that employ workers from overseas have been violating labour laws. The infractions include not paying for overtime, statutory holidays and vacation time earned.

"These are not minor paperwork problems. These violations are substantial and they hurt workers and their families," said Rachel Notley, NDP member of the legislature.

"This is exploitation pure and simple, and that's not what Alberta is about."

A few years ago, the government increased the number of temporary foreign workers who could come to the province because employers were having difficulty filling jobs in the economic boom. And even with the recent downturn, some employers still find it difficult to hire people for lower-paying service-sector jobs. The federal government's foreign-worker program entitles employees to stay in Canada for the duration of their work permit, which can be up to two years.

THE CANADIAN PRESS

ShareYourViews
edmontonletters@metronews.ca

TAX TIP #4

Keep a diary of income from tips and gratuities

People who earn regular income from tips and gratuities should keep a diary of the amounts they receive. In some circumstances, a diary might prevent an unfair assessment by CRA.

This tax tip brought to you by Alberta's Chartered Accountants.
To see all 56 useful tax tips please visit:

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The Institute of Chartered Accountants of Alberta provides tax tips on an annual basis as a public service. The tips are intended to be used as general guidance. For specific advice about filing your 2009 tax return, please consult with the Canada Revenue Agency or your personal tax professional.



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Local



Ruff show headed our way

Toronto's Born Ruffians are coming to the Starlite Room on June 11. Formed in 2002, the indie rock trio creates a jaunty mix of shifty guitar riffs and hyper-chic vocals for a Pixies-esque shredded kind of sweetness. Tickets are \$16 and go on sale March 19.

METRO EDMONTON

Following news stories on Twitter... EdmontonTweets

@gordmccallum Sorry about the rain in #YEG folks. It's my fault - I washed my car yesterday.
@jeffsieben Huh! They have a Southgate Shopping Center in #yeg #yow and #dtw
@lizzadeth Anyone know why there was a guy sitting on the hood of a car in the middle of Jasper Ave outside Teddy's on Friday night? #yeg

metronews.ca WHAT'S ONLINE TODAY

Video As the loonie chases down the U.S. dollar, many experts think parity will be here for the long haul at metronews.ca/canada

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Vipers go pink

Novice team changes name, jerseys to fight cancer

ANDREAS MORSE
for Metro Edmonton

When the novice Vipers heard their hockey league was looking for a team to wear pink jerseys for cancer awareness, they more than jumped at the chance.

"We're all in pink," said Vipers head coach Connor Raesler. "The boys love it. They've got the mohawks and pink hair dye and they're the first ones to reach for the pink tape."

The kids' cancer-awareness campaign didn't end at wearing pink — the group of seven- and eight-year-old boys and one girl decided they would take it one step further and change the team's name for their playoff run to the Pink Panthers.

Raesler called the campaign a perfect fit for his



Ethan Andrews, 9, plays hockey for his team, the Pink Panthers (normally Confederation Vipers), against the Knights of Columbus team yesterday at Kenilworth Arena.

team. One of his players, Ethan Andrews, has an older sister who was stricken with cancer when she was four.

"Ethan's older sister had a tough fight with cancer, but she is doing well now," said Amy Andrews, Ethan's mom. "We created the Small and Mighty celebration seven years ago to honour these children and their siblings who have gone through so much."

The Pink Panthers have decided to donate all the proceeds they make from selling their new jerseys af-

ter the playoffs to the Small and Mighty foundation.

"We're going to raise probably about \$1,500 over the next week just in sweater sales," Raesler said. "And that's on top of the awareness."

All proceeds donated to the Small and Mighty will go to the Kids With Cancer Society and the Make-A-Wish Foundation of Northern Alberta.

"They did so much to help us on our journey," Andrews said. "We wanted to be able to give back to them."

The Real Deal ready to defend title at home

ANDREAS MORSE
for Metro Edmonton

MMA Fight fans won't have to get mad if they aren't able to wrestle tickets away for TFC 10: High Octane on Friday.

"We are very excited about this card for many reasons," said Dean Panas, spokesperson for The Fight Club. "Not only for the fights in general, but the fact that we're going to be live on Pay-Per-View across North America."

The PPV card will feature several top MMA superstars, including TFC world light heavyweight champion Victor Valimaki, UFC veteran Tim (Thrashing Machine) Hague, The Ultimate Fighter finalist Tommy (Farmboy) Speer and Edmonton's own Ryan (The Real Deal) Ford.

"Obviously I want to keep my title," said Ford,

the TFC world welterweight champion. "I have to bring it to him a little harder because he's not taking my belt away in the City of Champions."

Ford will take his 11-2 record into the cage against Speer in Friday's co-main event.

"He's a big 170-pounder, so I'm pretty sure he hits hard," Ford said about his opponent. "Other than that, he's just a wrestler, so all I have to be worried about is his takedown."

Tickets for High Octane are available through Ticketmaster at 780-451-8000.



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On your marks Model-car race



Amin Hmaidan, 13, attaches a CO2 car to a fishing-line tether yesterday at St. Thomas More Junior High as part of the second annual CO2 car races at West Edmonton Mall.

News in brief

CRIME An Edmonton man who used his middle finger to flag down a cruiser in northern Ontario has been charged with stolen-property offences. Officers found the man had two stolen credit cards, a stolen GPS, an iPod charger and a BlackBerry. Police allege the accused had picked up the items during his travels through Winnipeg. Dragutin Cabor, 19, has been charged with possession of property obtained by crime.

CHILD PORN A Quebec man facing criminal charges for allegedly possessing and distributing child pornography has been released from custody. Jean-Louis Bertrand was released yesterday after spending a night in jail, but he can't use a computer, be around minors or leave Canada. Quebec provincial police say Bertrand was arrested after an investigation that originated with the Edmonton Police Service.

THE CANADIAN PRESS

Detainees still at risk of torture: Amnesty

A civil-rights lawyer told MPs yesterday detainees handed over to Afghan authorities by Canadian soldiers are still at risk of torture. Paul Champ — who represents Amnesty International Canada and the B.C. Civil Liberties Association — testified at the special Commons committee on Canada and Afghanistan. **THE CANADIAN PRESS**

3

Canada/World

No end in sight as loonie flies higher

The high Canadian dollar appears to be here to stay despite what the Bank of Canada or inflation do to impact the currency.

Economists say the loonie, which jumped past 99 cents US yesterday, could hit parity at any time. And unlike two years ago when the currency fell off the parity against the U.S. greenback as quickly as it had climbed, this time there will be no sudden retreat.

Under normal circumstances, Friday's inflation numbers should provide a downward draft to the loonie's flight.

The consensus of economists is for inflation, which hit 1.9 per cent in January, to fall all the way back to 1.4 per cent in February's data.

That won't matter, however, says TD deputy chief economist Craig Alexander. He says the markets have already priced in that inflation will be low going forward, as they have that the Bank of Canada will likely move well before the U.S. Federal Reserve in raising interests rates.



A Canadian dollar sits on top of its American counterpart in this file photo. The high dollar appears to be here to stay despite what the Bank of Canada or inflation does to impact the currency.

Whether the loonie is slightly below parity, at parity or a little above, Alexander says the key point is that Canadians should expect the currency to remain strong for some time.

Also pushing up the currency is the perception that Canada's resource-based economy will con-

tinue to benefit from high oil and mineral prices.

THE CANADIAN PRESS



RCMP documents put René Lévesque in "suspected Communist" club.

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News in brief

DRUGS Marijuana is the illegal drug of choice in the Canadian Forces, according to the first random tests of the entire military. Almost one in 20 Forces members — 4.7 per cent — “recently” used illicit drugs, says the newly released study based on urine samples.

SUMMIT The federal government is poised to spend

\$166,500 on a decorator for this year's G8 and G20 summits, even as it clamps down on spending in the face of a record deficit. The Foreign Affairs Department says it intends to hire Bruce Forster, a Vancouver interior designer who has decorated several of Canada's previous summits.

EMERGENCY Some First

Nations in northern Manitoba have declared a state of emergency and are looking to the federal government for help after mild weather turned their winter roads into quagmires. Grand Chief David Harper said the Shamattawa and Red Sucker Lake reserves have declared a state of emergency.

THE CANADIAN PRESS

It's a green light to party

ST. PATRICK'S DAY The world turned a party-sized shade of green yesterday.

It was St. Patrick's Day, the annual celebration of all hues of Irishness.

• **In Dublin**, more than half a million people lined a three-kilometre parade route.

There were dancing troupes from Africa and India, bands from Austria and France, giant insect

floats from Spain, and Dubliners dancing with mops and dusters.

The biggest laughs were sparked by man-sized eggs with legs fighting bakers armed with wooden spoons.

• **In New York**, people lined Fifth Avenue a dozen deep for the world's oldest St. Paddy's parade.

Phil Giovanniello, a military police officer on leave

from Iraq, smoked a cigar took in the sea of green.

“This is my first parade,” said Giovanniello. “And it feels great.”

• **At the White House**, U.S. President Barack Obama met with Irish Prime Minister Brian Cowen.

Obama noted 36 million Americans claim Irish ancestry, adding: “I’m sure more do on St. Patrick’s Day.”

THE ASSOCIATED PRESS



Seeing the world through green-coloured glasses: These revellers were among half a million people who turned out in Dublin to watch the annual St. Patrick's Day parade.

U.K. boiling over egg raffle

BIRTHS A U.S. infertility clinic seeking business in Britain has prompted fierce criticism by offering free eggs from a U.S. woman to one participant in a promotional seminar in London.

Egg donors in the U.K. cannot be compensated more than \$384 US per

month, making it very difficult for infertile women to obtain eggs.

The Virginia-based Genetics and IVF Institute held a free seminar for British couples last night and said one randomly chosen participant would win donor eggs.

THE ASSOCIATED PRESS

Steamy texts put pair in Dubai jail

SEX Steamy text messages have resulted in three-month jail sentences for an Indian couple in Dubai. Officials said the texts suggest they planned to “commit sin” — a reference to an extramarital affair, which is illegal in the U.A.E.

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Comment

Machines and the social apocalypse

Relating

Steve
Collins

metronews.ca/collins

After more than a half-century of worries, warnings and studies about what our media habits are doing to us and our relationships, FCC chairman Newton Minnow's famous 1961 con-

demnation of the "vast wasteland" of network TV seems somehow quaint.

The TVs, computers and hand-held screens have since multiplied, enabling us to ignore each other any time and any place. Will we someday envy old-fashioned families who at least used to zone out in front of the same TV screen together, even as the Cassandras of the day prophesied looming social apocalypse?

The dire warnings, now a tradition unto themselves, continue. TV is making us dumb, lazy and distractible.

This month's issue of the Archives of Pediatric and Adolescent Medicine draws a direct link between the amount of time kids spend in front of their screens and the difficulty they have relating to real people.

Other studies have pointed to bedroom TVs as a cancer on relationships, eliminating family meals and interaction and short-circuiting the sex lives of couples. The more we let the machines into our lives, we're told, the less room there is for people.

Many nights, the

denizens of my own apartment (occupancy goes up and down) are firmly sealed in their own bubbles of laptop, iPod and TV, often in combination. Conversation is admittedly sporadic, but the teenagers, as far as I can see, have so far failed to completely degenerate into anti-social blobs.

Paradoxically, even as they seem unaware of each others' presence in the same room, they are often interacting with each other online.

Just how much whole-some family interaction is

enough? Sometimes at this age, shutting out one's family for a bit is an entirely desirable enterprise. I just had to do it with comparatively primitive technology like the Walkman. I wouldn't be surprised if bygone alarmists decried Gutenberg's printing press and the creeping effect of literacy on families, with kids' beaks buried in books and other signs of complete societal breakdown.

The grownups in our household, I have to admit, can easily be as plugged in and tuned out as the kids.

Many nights when it's just the two of us, we'll notice that we've each been clicking away on our computers and haven't passed a word between us in a couple of hours. We'll often take this as our cue to pull the plug, go out for a drink, sit facing each other and actually talk.

The time to worry is when you shut off all the screens, turn back to each other and find you have nothing to say.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Prom wars: Out of the mouths of babes

FourthWave

Canice
Leung

metronews.ca/fourthwave

By now you have probably heard about the Mississippi school that cancelled a prom rather than let Constance McMillen, a lesbian student, bring her girlfriend and wear a tuxedo.

Lots of people, straight and gay, are outraged at the school's actions. I'll spare you all the protestation, since it goes without saying

the school is in the wrong — oh, never mind, I'll tell you anyway: It cannot deny a couple their coming-of-age ritual because they're gay. Though McMillen clearly understands the social significance of her fight she also seems bored explaining the situation to camera crews, exasperated that trodding on gay rights still happens in 2010.

Young Americans collectively yawn at the mention — among the under-30 set, about 80 per cent believe same-sex marriage is a private decision — so for McMillen and her peers, it's silly trying to explain something that's accepted fact.

"For you to say that you can't bring someone of the same sex — well, for the gay people that means they can't bring their date," she told the Associated Press. "That's really not fair to the people that are gay."

What a world, in which a teenager makes more sense of what "constitutional rights and liberties" are than the adults charged with teaching her these things. At its core, that's what high school is: A series of life lessons on how to be punctual, polite, committed, ambitious, thoughtful and critical adults.

That's why McMillen sought permission from

her teachers. That's how adults deal with life, right? By talking through their differences and confronting tough situations rather than avoiding them, by, say, cancelling a prom like a socially awkward teenager.

McMillen and her girlfriend are examples that courage and maturity can come at any age, and that students aren't the only ones who should learn a thing or two in high school. Like the saying goes, out of the mouths of babes ...

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.

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MICHAEL DE ADOR

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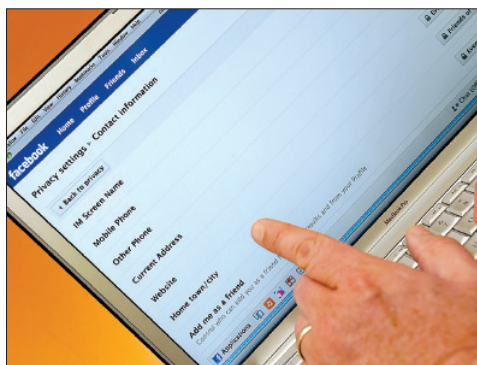
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Vancouver-based telecom company Telus Corp. said yesterday it will invest \$650 million to increase both the speed and coverage areas for its current wireless and land-based services in Alberta this year. **THE CANADIAN PRESS**

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA



THE ASSOCIATED PRESS FILE PHOTO

Too much information

Geotagging raises privacy, safety concerns

As if knowing what your friend had for lunch wasn't enough, now you can see where she was eating it as well.

An increasing number of websites and social networking services are adopting geotagging, allowing users to include their exact location when they update their status or upload a photo.

But privacy experts warn there are dangers in hap-

hazardly broadcasting your location to the world.

Sites like Twitter, Flickr and blog providers enable users to include their location in whatever they post.

Tamir Israel, a staff lawyer at the Canadian Internet Policy and Public Interest Clinic, says users shouldn't use these services without first thinking about the privacy implications of telling anyone

with an Internet connection where they are and where they've been.

Geotagging is fuelling the same debate about privacy that sites like MySpace and Facebook helped generate. Canada's privacy commissioner, who forced Facebook to make changes to its privacy policies, is already examining geotagging, says Israel.

THE CANADIAN PRESS

Business in brief

ECONOMY The World Bank raised its China growth forecast this year to 9.5 per cent from nine per cent yesterday but said Beijing needs to cool inflation and possible bubbles in real estate prices.

PUBLISHING Transcontinental Inc. swung to a profit in the first quarter despite lower revenues as it confirmed it will receive more than \$100 million US in net proceeds from the sale of its U.S. direct mail business. The Montreal-based publisher and printer earned \$27.9 million, reversing a year-ago \$6.4-million loss.

METRO NEWS SERVICES

Barrick Gold says cave-in killed miners

MINING Barrick Gold Corp. has suspended activities at a mine in Tanzania after three workers were killed in a cave-in.

The world's biggest gold miner said the workers died when part of the Bulyanhulu mine collapsed Tuesday. The company said it will keep the mine's operations shut down until today. Although operations will resume afterward, Barrick says the immediate area of the cave-in will remain closed throughout its investigation.

THE CANADIAN PRESS

Recession, web fuel boom in market for people's "stuff."

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Compensation CEO gets more



Johnson & Johnson gave its chief executive officer, William Welton, 61, an 11 per cent increase in compensation in 2009, to \$25.5 million, according to Associated Press calculations, even though the health-care products giant cut thousands of jobs and saw its annual revenue decline. In November, Johnson & Johnson announced plans to eliminate about 8,000 jobs. But the company's stock performed well last year, rising 7.7 per cent.

MEL ELMAN/THE ASSOCIATED PRESS FILE PHOTO

Blockbuster near bankruptcy

VIDEOS Shares of Blockbuster Inc. sank 30 per cent yesterday after the video rental chain warned that it may have to file for Chapter 11 bankruptcy protection in the U.S.

Competition from DVD-by-mail company Netflix

Inc. and DVD vending machines operated by Coinstar Inc. have eroded the Dallas-based company's revenue even as it staggers under a heavy debt load.

THE ASSOCIATED PRESS



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Sharapova withdraws

Maria Sharapova has withdrawn from next week's Sony Ericsson Open because of a bone bruise in her right elbow. **THE ASSOCIATED PRESS**

7

Sports

EDITOR: DON.MCHOULL@METRONEWS.CA

Woolstencroft wins her second gold

Standing at the top of the podium never gets old for alpine skier Lauren Woolstencroft, just harder.

Woolstencroft earned her second gold medal of the Paralympics yesterday by winning the women's standing giant slalom. She finished 7.57 seconds ahead of silver medallist Andrea Rothfuss of Germany.

"I haven't had a very good World Cup season," said the 28-year-old from North Vancouver, B.C. "I lost tons of races. That just motivated me to come here."

"It's a strong field. I'm surprised at the margins (of victory) because it's been really tight at the World Cup the last few years. I'm happy I can ski my best here."

Karolina Wisniewska of Vancouver came close to winning her second medal of the Paralympics, but finished fourth.

"It's my best giant slalom result of the season," said Wisniewska, 33. "I would have loved to be on the podium again."

"Fourth place is really good for me."

Meanwhile in wheelchair curling yesterday, Canada clinched a spot in the semi-



Lauren Woolstencroft races to a gold-medal win during the second run of the women's giant slalom standing event yesterday.

finals with an 8-6 win over Germany. The round-robin portion of the competition closes out today, with the medal round set for Saturday.

Woolstencroft, the first double-gold medallist for

Canada at these Games, won the race in two minutes 34.03 seconds. Rothfuss was clocked in 2:41.60, while Slovakia's Petra Smarova was third in 2:41.63. Wisniewska finished in 2:44.03. **THE CANADIAN PRESS**

Flames keep pace in race for playoffs

NHL Rene Bourque scored two goals, Vesa Toskala made 32 saves and the Calgary Flames beat the Colorado Avalanche 3-2 last night to keep pace in the Western Conference playoff race.

Eric Nystrom also scored for the Flames, who are in ninth place with 79 points, one point behind idle Detroit for the final post-season spot with 12 games left.

Chris Durno and Milan Hejduk scored and Craig Anderson had 31 saves for Colorado, which had won three straight. The Avalanche missed an opportunity to pull within a point of idle Vancouver in the Northwest Division and are fifth in the conference with 12 games left on their schedule. **THE ASSOCIATED PRESS**

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Seattle Mariners pitcher Cliff Lee has been suspended for the first five games of the regular season for throwing a pitch over the head of Arizona's Chris Snyder in an exhibition game this week. **THE ASSOCIATED PRESS**

Texas manager owns up to drug use

Texas Rangers manager Ron Washington admitted he made a "huge mistake" when he used cocaine and failed a Major League Baseball drug test last season.

In his first public admission, he apologized yesterday for his behaviour, eight

months after he told Rangers president Nolan Ryan, who turned down Washington's offer to resign.

"I made a huge mistake and it almost caused me to lose everything I have worked for all of my life," Washington said at a news

conference yesterday. "I am not here to make excuses. There are none."

Washington said he used cocaine only once and called it "stupid" and "shameful."

The failed test was



Ron Washington

first reported by SI.com.

Washington said he told the commissioner's office and Rangers officials about using cocaine before he had a routine drug test.

"He came forward

and said he would resign," Ryan said. "He understood the consequences. We had a lot of discussions and a lot of soul searching on it."

Washington met with his players earlier in the day and told them about testing positive in July.

THE ASSOCIATED PRESS

Sports in brief

GOLF The manager for two-time Masters champion Jose Maria Olazabal says he will pull out of the Masters next month because he is suffering again from rheumatism.

Sergio Gomez told the Press Association yesterday that Olazabal has pain in his shoulder, forearms and hands and is unable to swing properly.

SOCCER Lionel Messi scored twice yesterday to lead defending champion Barcelona to a 4-0 victory over Stuttgart and into the Champions League quarter-finals. Barcelona won 5-1 on aggregate to ensure Spain has one team in the last eight with Real Madrid and Sevilla having been knocked out.

NFL NFL owners will vote next week whether to allow each team a possession in overtime in the playoffs if the team winning the OT coin toss kicks a field goal on the first series. Previously, the game would end whenever either side scores, as what happened in the NFC championship game in January, with New Orleans beating Minnesota by a field goal.

PUCKS The women's Olympic hockey final didn't produce a golden goal on the scale of Sidney Crosby's overtime winner, but a dozen pucks from the women's championship game have sold quickly. The auction raised just over \$8,000 and the highest bid was \$942 for a puck used in the first period, according to Dennis Kim, VANOC's director of licensing and merchandising.

NBA The NBA's Board of Governors yesterday unanimously approved Michael Jordan's \$275-million-US bid to buy the Charlotte Bobcats from Bob Johnson. Jordan will immediately take over the team after functioning as a minority investor with the final say on basketball decisions since 2006.

THE ASSOCIATED PRESS

SCOREBOARD

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Calgary 3 Colorado 2
New Jersey 5 Pittsburgh 2

NBA

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Cleveland 99 Indiana 94
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Metro Homes



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JENNIFER BILL/FOR METRO CANADA

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

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Design nightmare to decor dream

DecorMoment

Karl Lohnes

metronews.ca/decomoment

To a movie buff, a flat screen television can be a beautiful thing; But to a decorator it can be their worst nightmare. Trying to incorporate a TV into a room (especially a small space) can be difficult as it is instantly made the focal point of a room.

If you must live with your television front and centre like I do, then there are a few designer rules to follow:

Incorporating a black television into your decor scheme: If the black television is the only black object in the room, then it will stand out like a sore thumb. I suggest adding a few other dark-toned decorative items to the room, like black picture frames, curtain rods, lampshades or small furnishings. The more black that get added around the room, the less obvious our flat screens will be.

Choose the right size television for the room: The screen should be a comfortable distance for viewing. You should sit eight to nine feet away from a 32" screen, 10 to 12 feet away from a 42" screen, 13 to 14 feet away from a 50" screen. Purchase a flat

screen television that reflects the size of the room, not your ego, boys!

Hanging the television at regular picture height is too high: The middle of the television screen should be between 42-52 inches from the floor as opposed to artwork, which should be hung at 66 inches (from floor to middle). If you hang your television higher, then you will require an angle bracket to tilt the television to your eye level.

Don't compete with the fireplace: The television should be three to eight inches above the mantel (this rule is the same as if you were hanging a painting or mirror over a mantel too). For good proportion,

the television should be approximately 3/4 the width of the mantel. Anything smaller will look puny and anything larger will overshadow the fireplace.

TV stand favourites:

The **Vista pedestal** from CasaLife (casalife.com, \$850) turns your flat screen into a modern sculpture. Perfect for small spaces or placing a television in front of window.

The **Country Pine Console** from Sears (sears.ca, \$480) is a long, low pine cupboard which will house your television, but also offers up a ton of storage. It will add casual country charm to a room and the extra storage is great.

Designer Tip

The wall that the flat screen hangs on is the perfect wall to paint a focal paint colour. Deep-toned colours like charcoal grey or chocolate brown will help to create less contrast between the black television and the wall, making the television visually disappear in the room. Dark colours also add drama to the room.

Karl Lohnes is passionate about good decor and wants to help you have a beautiful home; no matter what your budget or style. Catch him on CTV's Canada AM



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metro

10 metro homes



Designer Suzanne Kasler brings the outdoors in through industrial-sash doors. The room serves as a retreat for the owners to work and as a great entertaining space, it also features a lot of white.

Go bright with white this coming spring

When interior designer Betsy Burnham redecorated her office recently, she made a decision that surprised her staff: She focused on the colour white. White walls, white ceilings, white furniture, even white chandeliers.

"I'm a huge colour fanatic," she says, "but I just think white makes colour pop so beautifully."

Her favourite colourful accessories "never looked as good" as they do now against a white backdrop. "White is crisp, it's young and it's really flexible."

Decorating with white can be intimidating. But, says designer Brian Patrick Flynn of decorademon.com, "used correctly, white lets other things truly work as the breakout stars."

Yes, there are potential pitfalls in working with white (you're probably envisioning red wine spilled on a white sofa). But it can — honestly — be a versatile and practical option.

WHY WHITE WORKS

"White is a trick designers use to modernize things," says Flynn. Traditional pieces of furniture and scuffed wooden floors are revitalized by white paint. Their imperfections are transformed into appealing texture.

Designer Taniya Nayak, host of HGTV's Destination Design and HGTV.com's \$100 Half Day Design series, loves spray-painting old picture frames and mirrors a glossy white.

"It instantly gives them a fresh, mod look," she says.

The backdrop of a white floor and walls makes familiar furniture, window treatments and accessories stand out in a new way.



This photo released by Burnham Design shows a bedroom in white.

"You want it to be livable, not like Liquid Paper. If there's too much blue in it, it's just going to be blinding."

Betsy Burnham

White can feel traditional when paired with ornate pieces, or utterly modern with streamlined furniture and chrome.

"White can also kind of work as a mediator," Flynn says. "Just like bringing in a marriage counsellor, white will work as a mediator between soft and loud colours. You can use it to work as a bridge between two colours."

HOW TO APPROACH IT

Flynn loves doing white walls and furniture with bold colour on the ceiling, in accessories and in the interiors of bookcases.

Nayak recently created a nautical look for her HGTV series that pairs white furniture, ceilings and columns with dramatic navy-blue walls and splashes of yellow.

If you prefer something preppier, she says, try

white and navy with a bit of bright green. (Other colour combos she likes: Rooms done entirely in black and white, or white with grey and chartreuse accents.)

If you have a room with large windows, you'll make the view more of a focal point by doing a very white room. "The view becomes your art," says Nayak.

TREADING CAREFULLY

Choose your shades of white carefully.

"You want it to be livable, not like Liquid Paper," Burnham says. "If there's too much blue in it, it's just going to be blinding."

Some whites are warm, with a slightly yellow undertone, while others have a cool tinge. There are also greenish whites, purplish whites and many other varieties.

THE ASSOCIATED PRESS



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metro homes **11**

Time to start thinking about your garden

HomeScape

Sylvia Putz

metronews.ca/homescape

If you're a gardener or planning on landscaping this spring, be prepared to take a nature-friendly approach (if you haven't done so already).

Here are some of the nature-oriented landscaping and gardening trends that have become increasingly more evident over the last few years, and will be noticeably stronger this spring.

- **Lawns:** Lawns going, going, gone? Grass is becoming less popular because it's not an environmentally friendly option, since it sucks back a lot of water, requires cutting (usually with a gas-powered lawnmower), and the occasional dosing of fertilizer or bug killer.
- **Forest look:** Natural-looking plantings are in, so the yard looks like a meadow, or a forest floor. Manicured gardens and lawns are out.
- **Local:** Native plants and shrubs are appearing, rather than non-native plants that require extra watering, pest control and other ministrations. Low-maintenance flowers and other plants that grow without any help from us in local meadows and fields



Mulch and vegetation gardening are coming back in a big way.

are appearing in gardens.

- **Decks and patios:** To enjoy natural settings, decks or patios are a must. Natural stone pavers are appearing more often, with sand between them, to encourage drainage. Porous pavers are also appearing on the market, with the goal of allowing rainwater to soak into the soil. And don't forget the substantial, durable and comfortable outdoor furniture.
- **Growing food:** Vegetable gardens are coming back with a vengeance. Rising food prices have made them more popular, as well

as a wish to eat fresh organic foods.

- **Pests:** Some of the old-fashioned pest control methods that use spices such as cayenne, citrus oil or crushed mint are making a comeback. (There are a ton of natural pest control solutions on the internet.)

- **Mulch:** Mulch is big. It's a natural way to keep the soil around plants cool, damp, and it inhibits the growth of weeds.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

Home builders awarded

AWARDS The Canadian Home Builders' Association - Edmonton Region has announced its awards for home builders in the residential construction industry.

The Edmonton Awards of Excellence in Housing recognizing noteworthy accomplishments in the industry within the Capital Region. Every year, the industry honours the best of the best in Sales & Marketing, outstanding products, exceptional neighborhoods, and most importantly superior home building. The winners were unveiled at a black tie gala over the weekend at the Shaw Conference Centre.

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BEST MULTI FAMILY \$200,000 - \$299,999: Carrington Communities - The Stratford

BEST MULTI FAMILY OVER \$300,000: Christenson Developments - Hughes Residence

BEST APARTMENT BUILDING: Qualico Developments - The Vanier

BUILDER OF THE YEAR: Rohit Communities

METRO EDMONTON

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Thursday, March 18, 2010

Fashion in the prairies

Alberta Fashion Week begins Sunday (until March 27) at the BR& at the Banke. Designers will include Jason Matto, Andrew Majtenyi and Holly Allen. For more information, visit albertafashionweek.ca. **METRO NEWS SERVICES**

Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



The outdoorsy type

Men are looking to reconnect with nature and embrace their inner athlete this season with sports wear and casual chic looks on the runway. One of the most important ways for men to stay on top of their game is with that key accessory: A watch. Guess' latest Spring 2010 collection embodies this style, offering function and sporty durability. Pictured: Guess yellow band watch, \$280, far left, and Guess brown leather band watch, \$115, left.

METRO NEWS SERVICE

Cuckoo for clogs

The iconic '70s shoe is back on runways and on the street



Studded clog, \$59, Joe Fresh



Peep toe flower-print and beige Stuart Weitzman clogs, \$385 each, available at Holt Renfrew



Lace clogs, \$125, Aldo.



Prada clog, \$730, available at Holt Renfrew

Blue clog, \$65, available at Naot and Prairie Dog stores.



Camilla Skovgaard clog, \$795, available at Holt Renfrew

Tory Burch clog, \$300, available at Holt Renfrew



Clogs as part of Chanel's spring/summer 2010 ready-to-wear fashion collection.

HEATHER BUCHAN
for Metro Canada



There's a new footwear craze ushering in spring: Clogs. Yes, that's right, they're back.

But before you choke on your latté while imagining donning a pair of humble Dutch-style all-wood shoes painted yellow, take comfort in the fact that 2010 clogs have been reworked into updated versions.

Those that marched down the runways in New York, Paris, London and Milan, featured luxurious suede and leather uppers, and ranged in styles, from Prada's leather sandal clogs to the stiletto clogs at Yves Saint Laurent, to the stud-dressed platform clogs (reminiscent of the '70s disco era) at Chanel.

Christine Carlton, divisional director of accessories at Holt Renfrew, who always has her finger on

the pulse of the latest trends, says, "It was definitely everywhere. It's the trend with every brand. The standard is the low wood construction, but many of the designers did create a high heel clog, which is obviously their take on it."

"A clog is very of-the-'70s and we're starting to see a little bit more of that boho chic," says Carlton, adding, "there's always different eras that many designers

go back to, and everything has a life cycle, so everything comes back over and over again."

Still, if the clunky look of the clog hasn't sold you on getting a pair for spring, perhaps their wearability will. "It's actually a comfortable shoe because it's a solid wood construction bottom," explains Carlton. Regardless, as Carlton points out, a trend is a trend and clogs are fashionable again.

The nautical look spotted on land and around the world

Sailor stripes, as Gallic as the baguette or beret, are having a worldwide trendy moment from

Toulouse to Tokyo to Toronto.

You can't walk through a mall without your vision going bleary from the graphic sharp lines in the many fast-fashion stores. Yes, the nautical look is once again creating waves in fashion. The popular blue and white mariner stripes are leaving the high seas for the shore.

Despite the

record-breaking frigid temperatures in Paris earlier this month, the fashion flock at the fall Ready-to-Wear 2010 shows looked like they were ready to cast anchors aweigh in their striped T-shirts worn under black blazers.

It was Coco Chanel who, upon seeing sailors in their hefty, scratchy wool nautical striped sweaters, first adapted the look for her wealthy clients in the 1930s.

A more contemporary French designer, Jean Paul Gaultier, has adapted these mariner stripes — also

known as Breton stripes because of the look's association with the Brittany coast — as one of his signatures over the years.

Perhaps it was last year's French movie, *Coco Avant Chanel*, featuring Audrey Tatou as the famous designer, that helped paved the path for this season's straight lines in fashion.

TORSTAR NEWS SERVICE



Skirt, \$129, at Club Monaco



Bag, \$118, at Town Shoes



Tank dress, \$14.95, at H&M

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Silk top, Cassis (\$59, cassis.ca)

Belted cotton and Tencel trench coat, S'nob (\$295, agenceamelaniemclean.com)

Synthetic-leather handbag, Spring (\$40, myspringshoes.com)



Leather platform sandals, Guess (\$150, 1-800-465-3638)



Cotton dress, Nümph (\$120, at La Maison Simons, simons.ca)

Rayon pleated skirt, Miss Sixty (\$129, info@sixtycanada.com)

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ian McKellan has revealed that filming for The Hobbit will finally get underway in June. The actor, who took on the role of Gandalf in The Lord of the Rings trilogy, posted on his website that filming will begin in the summer. FEMALEFIRST.CO.UK

Hobbit to start filming in June

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Conan film

Conan O'Brien is in early talks to film a documentary of his 30-city Legally Prohibited From Being Funny on Television Tour, reports Deadline's Mike Fleming.

EW.COM



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The White Stripes

Album: Under Great White Northern Lights **Label:** Warner
Rating: ●●●●●

IF CANADIANS

NEED another reason to feel pride post-Olympics, they should pick up The White Stripes' new DVD/CD chronicling the group's extensive 2007 Canadian tour. The CD, which can be bought separately, is where the musical meat resides. This disc is amazing to listen to — Jack White gives a shout out to Yellowknife, brings up his cousin on a Cape Breton stage during the song Prickly Thorn, but Sweetly Worn to play bagpipes — and it's a treat to simply know all this was recorded on Canadian soil. The disc covers the Stripes' entire catalogue, and they do it well, with all their gritty, intense rock on full display.

Bryan Borzykowski/for Metro Canada

Ghostkeeper

Album: Ghostkeeper
Label: Flemish Eye
Rating: ●●●●●

RECORDED IN

A number of public and private spaces and then stitched together as a sound collage, Ghostkeeper's second album is more like a warm, itchy quilt than any sort of Frankenstein monster. Built of Shane Ghostkeeper's varied and sporadic influences, the songs jump back and forth between an off-kilter, folk songwriting style, rickety bursts of indie rock, swampy blues-

guitar tangents and a surprising amount of concord between the unpredictable instruments, Shane's whiskey-soaked croak and Sarah Houle's recurring, feverish moan. The album's capricious movements tends to reach overwhelming levels at points, but it's this loose cannon mentality that gives these Albertans their distinction from virtually every other band out there.

Cam Lindsay
for Metro Canada

Elizabeth Shepherd

Album: Heavy Falls The Night
Label: Right On Media
Rating: ●●●●

STRIVING FOR ECLECTICISM,

Toronto-based singer/songwriter/pianist Elizabeth Shepherd incorporates many genres and moods into tertiary full-length Heavy Falls The Night. From the plinky keyboard and jazzy feel of High through What Else with its '70s singer in a beatnik cafe aura to the simplistic rendition of Anne Murray's lilting Danny's Song, there's no lack of diversity. Still, while each track is performed brilliantly and Shepherd's voice is velvety-smooth, the plethora of styles explored would have greater impact were they divided up in bigger chunks: by album, not track. The overall lack of a unifying foundation winds up making Heavy Falls

Earning your White Stripes

The Night interesting but more esoteric than multifarious.

Keith Carman/for Metro Canada

Crash Karma

Album: Crash Karma
Label: E1 Entertainment
Rating: ●●●

IF YOU DIDN'T know it, the '90s are back. And to prove it, Edwin's teamed up with OLP's Mike Turner, Tea

Party's Jeff Burrows and Zygote's Amir Epstein to bring back



all the sounds we haven't missed. This album is exactly what you think it would sound like — it's classic mid-'90s Can Rock, complete with Edwin's over wrought vocals and Turner's fancy, crunchy riffs. It's hard not to want to lis-



Under Great White Northern Lights, available on CD and DVD, details The White Stripes' extensive 2007 tour of Canada.

ten to this in your childhood bedroom, but we're not kids anymore. It's a bland, unimaginative record with sounds that don't stand the test of time.

Bryan Borzykowski/for Metro Canada

The Whigs

Album: In The Dark
Label: ATO/MapleMusic
Rating: ●●●



HERE'S A PIECE of advice for all the bands out there — don't go on tour with Kings of Leon. Until the Athens-based trio The Whigs hit the road with the Followwill clan the group expertly delivered Replacement-meets-Pixies sounds. On the three-some's new disc the band has gotten brasher,

more streamlined and, well, more Kings. It's becoming harder to differentiate the group from all the other rock bands out there, though it's not all a lost cause — Kill Me Carolyn is a frenetic, engaging riff rocker that'll remind you why you got into the band in the first place.

Bryan Borzykowski/for Metro Canada

Frightened Rabbit

Album: The Winter of Mixed Drinks **Label:** Fat Cat
Rating: ●●●●

ON THEIR PREVIOUS album, Scotland's Frightened Rabbit laid down some roots signalling they could do sweeping, anthem rock selling misery instead of hope. The Winter of Mixed Drinks inches them even closer to the mainstream reverence and arena gigs of sonic peers like U2 and Coldplay. While they have sacrificed some of the grit and wretchedness that made them such a favourite among the indie set, this third album could very well attain the wider exposure this band was always destined for.

Cam Lindsay/for Metro Canada

Music Twitter

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TV Land rolling out first sitcom

TV When TV Land was launched in 1996, it was more than just another cable channel. It was a refuge where viewers could revisit old friends like Beaver Cleaver, the Clampetts and Sheriff Andy Taylor. It was a portal into a video past, a carefully tended landscape

of idealized TV.

TV Land hasn't trampled on that landscape in the meantime. But, even so, the neighbourhood has been spruced up through the years. Consider Hot in Cleveland, a comedy series set for a June premiere. For the first time, TV Land is

producing its own original sitcom. But Hot should fit right into the neighbourhood. It's funny, comfy and a true-blue reflection of the shows that surround it.

It stars a bevy of grand dames of classic comedies: Valerie Bertinelli (One Day at a Time), Jane Leeves

(Frasier), Wendie Malick (Just Shoot Me) and the incomparable Betty White (Golden Girls). The premise is evergreen: Fabulous friends make an abrupt life change, cutting their Los Angeles roots to relocate in, of all places, Cleveland.

THE ASSOCIATED PRESS



Betty White

★★★★★ INSPIRED; ★★★★ VERY GOOD; ★★★ PALATABLE; ★★ HO-HUM; ★ NEVER AGAIN

Don a true Latin treat

CHRISTOPHER THRALL
edmontonurbanfoodie@gmail.com

Don Antonio's Mexican Food
10750 – 124 St.
780-451-8996

Signature Drink: (Non-alcoholic) Sangria Señorial (\$2.50)

Blink and you might miss it — and miss out. A small sign heralds a cozy, eight-

On the web

- Get recipes and more great food content at metronews.ca/recipes.

Our server delivered a warm smile, basket of tortilla chips and a delicious, cilantro-laced salsa as we sat down. We were left with menus where none of the authentic Mexican dishes topped \$15 and a choice of fizzy, fruity drinks.

My plate's rigidly geometric lines arrived shortly after. From left to right, the rice and chicken enchiladas were decent, that mole sauce was exquisite, and the refried beans were excellent. The star of the dish was textured with flavours from the other side of mid-



The enchiladas poblenas (\$13.95), while strangely geometric, feature a spectacular mole sauce.

Unfortunately, there was no fried ice cream to be

Don Antonio's is a friend-

ly, family-run neighbourhood spot that I wouldn't hesitate to visit if I were in the area and hankering for a tamale.

Global Peasant blog online

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog.
- Check out metronews.ca/globalpeasant for a recipe of June's Lazy Buns.



Dining out

SMITTY'S Canada's largest family restaurant chain is celebrating 50 years. Swing by your local Smitty's now through May 2 for in-store and online prizes, plus a chance to win one of three \$5,000 Grand Prizes. Celebrate a local success story with a Western Skillet or Belgian Waffle.

FONDUE I can not wait to try this place: Edmonton's first Melting Pot fondue restaurant just opened at 2920 Calgary Trail Sundays through Thursdays open until 10 p.m.; Fridays and Saturdays until 11 p.m. Expect to see a review soon.

**CHRISTOPHER THRALL/
FOR METRO EDMONTON**

In brief

LESSONS Edmonton's Italian success story offers date night cooking lessons: learn to craft Sorrentino's fabulous sauces, pastas and desserts. They also host girls' nights out, kids classes and singles nights! Check out the calendar at sorrentinos.com/cooking.html.

**CHRISTOPHER THRALL/
FOR METRO EDMONTON**

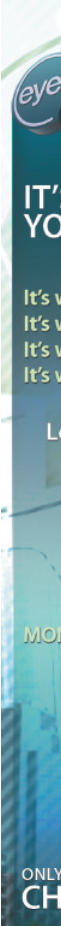
ED	C	B	S	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	
prime time	3/18/10	2	KFRN 239 318	etalk	Access H.	Flashpoint (DVS)		The Vampire Diaries		CSI: Crime Scene Investigat'n		CTV News	
		3	CHQ 290 - 370	News	Millionaire	Jeopardy! (N)	Wheel Fortune	Community (N)	Parks/Recreat	The Office (N)	30 Rock	Marriage Ref	
		4	CBXT - 307	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		Love, Hate and Propaganda		CBC News: The National		The Hour	
		6	KREM - 372	Basketball	College Basketball	NCAA Tournament, First Round: Teams TBA.				Access H.	Paid Program	The Doctors	
		7	CKTM 241 347	Law & Order: Special Victims		The Marriage Ref (N)		Community (N)	Parks/Recreat	On Purpose	30 Rock	EP Daily	
		8	CITV 240 339	ET Canada	Entertainment	90210 "Girl Fight" (N)		Bones (HDTV PA)		The Office (N)	Tucson	News Hour	
		11	OMNI -	King/Queens	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		TwoHalf Men	TwoHalf Men	Coach	
		13	KXLY - 371	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	FlashForward Mark must meet with a therapist. (N)				Private Pract	
		16	KAYU - 373	The Office	Raymond	TwoHalf Men	TwoHalf Men	Bones (HDTV PA)		Fringe "August"		News	
		22	KSPS -	374	PBS NewsHour (N)		Great Scenic Railway Journeys: Celebrating North America's Steam Railways (HDTV)					Brulé, Live-Mt	
news		24	WTVS - 364	Ed Sullivan's Rock and Roll Classics: The 60s		The 60s		Motor City Memories		Ed Sullivan's Rock and Roll Classics: The 60s			
		15	CBCN 502 -	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature/ Things	
		21	TWN 505 398	(5) EarthWatch One		EarthWatch One		EarthWatch Two					
		28	CNN 500 500	Larry King Live (N)		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360	
		54	CTVN 501 391	CTV News Tonight		CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	CTV News	
		70	BNN 504 508	Squeeze Play		Business News	Commodities	Market Call Tonight		Headline	Commodities	Squeeze Play	
		20	TSN 400 400	NHL Hockey		NHL Hockey San Jose Sharks at Vancouver Canucks. (HDTV) (Live)				SportsCentre		Poker - Europe	
		23	net 408 418	Air Racing (HDTV) (N)		Sportsnet Connected (N)		Hockey Central	Flames Week	Sportsnet Connected (N)		MMA Conn	
		47	SPEED 417 406	Bullrun (HDTV)		Bullrun (HDTV) (N)		Pass Time	NASCAR Hub	Fast Track to Fame (HDTV)		Bullrun (HDTV)	
		94	SCORE 410 403	Basketball		College Basketball NCAA Tournament, First Round: Teams TBA. (Live)				Score Now		Score Now	
sports		9	EDACC 267 551	Alberta Primetime (Live)		(8:01) Private Practice		FlashForward Mark must meet with a therapist. (N)				Primetime	
		14	TVT 552 543	iCarly	To Be Indie	iCarly	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	
		17	TRE 553 546	Franklin	Babar	Little Bear	Toopy & Binoo	Mad & Ruby	Dragon (DVS)	Backyardigans	Ni Hao, Kai-Lan	Go, Diego, Go!	
		42	TOON 555 545	Johnny Test	Johnny Test	Wallace & Gromit: The Curse of the Were-Rabbit (2005)				Futurama	King of the Hill	Lord of Rings	
		45	FAM 557 541	Suite/Deck	Suite/Deck	Han, Montana	Suite Life	Sonny Chance	Han, Montana	WizardsDance	Latest Buzz	Ned's School	
		-	TVA 121 714	TVA nouvelles	Le Cercle (SC)	La Série Montréal-Québec		Dieu merci! (HDTV) (N) (SC)		Juste pour rire (SC)		TVA nouvelles	
		18	CMT 575 583	According-Jim	According-Jim	Home Improve.	Home Improve.	Unstable	Unstable	Amer. Funniest Home Videos		Reba	
		25	A&E 615 520	The First 48 (HDTV) (N)		Manhunters	Manhunters	Manhunters	Manhunters	(10:01) The First 48		The First 48	
		26	M&M 571 581	mtmtop10.ca		Audience With Lionel Richie		Gene Simmons	Wild 'n Out	Audience With Lionel Richie		Gene Simmons	
		30	FOOD 603 651	Extreme Cuisine-Jeff Corwin		Age of Cakes		Restaurant Makeover		Diner, Drive-In	Unwrapped	Ext. Cuisine	
family		31	SHOW 617 522	Trailer Park	Relic Hunter			Voices (2007, Suspense) Amy Acker.				Cra\$h & Burn	
		32	DISC 520 505	Clash of the Dinosaurs (N)		MythBusters		Daily Planet		Clash of the Dinosaurs		Clash of Dino.	
		33	SLICE 601 562	Last 10	Last 10	Chop Shop	Chop Shop	ET Canada	Whatever	Real Housewives of New York		Housewives	
		34	W 602 567	House-Sell	House-Sell	Supernanny		Love It or List It		Confidential	Confidential	Divine Design	
		35	TLG 521 560	Police Women of Maricopa		LA Ink "Gone Too Far"		Police Women of Maricopa		LA Ink "Gone Too Far"		Police Women	
		36	BRAVO 620 523	Framed for Murder (2007, Drama) Elisa Donovan, Perry King.				Law & Order "Legacy"		Without a Trace		Framed	
		38	SPIKE 628 584	Predator *** (1987, Science Fiction) Arnold Schwarzenegger.					MANswers	MANswers	MANswers	CSI Cri Scene	
		39	AMC -	(6) King Kong *** (1976, Fantasy) Jeff Bridges.					Enter the Dragon *** (1973, Adventure) Bruce Lee, Jim Kelly.				
		40	HIST 522 505	Ancestors	Ancestors	Nostradamus Effect			Jobs in the Danger Zone		Pawn Stars	Pawn Stars	Discoveries
		41	COM 626 547	Just for Laughs		Air Force	22 Minutes		Corner Gas	Name Is Earl	The Simpsons	South Park	Martin
cable variety		43	SPAC 627 528	Human Target "Baptiste"		Lost "Recon" (HDTV) (N)		Stargate SG-1		Star Trek: Next Generation.		Trek: Voyager	
		44	WPCH 294 650	Law & Order: Special Victims		Seinfeld	Name Is Earl	Grosse Pointe Blank *** (1997, Romance-Comedy)				Payback	
		46	OLN 411 457	Oper. Repo	Oper. Repo	Ghost Hunters International		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters	
		48	TROP 619 525	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	70s Show	
		50	STAR 621 527	The View (HDTV) (N)		The Dr. Oz Show (HDTV)		TIMZ	etalk	Access H.	Extra	Dr. Oz Show	
		52	HGTG 600 564	House-Bryan	Real Renos (N)	House Hunters		Holmes Inspection		House-Bryan	Real Renos	Holmes/Homes	
		65	TLN 700 800	1994 FIFA World Cup in USA		George Lopez	George Lopez	Lopez Tonight		Raymond	Raymond	Paid Program	
		69	ASPN 269 350	Wapos Bay	By the Rapids	Flame	Moose TV	Die Hard With a Vengeance *** (1995, Action) Bruce Willis, Jeremy Irons.					
		93	VISION 261 394	The Verdict *** (1982, Drama) Paul Newman, Charlotte Rampling.					Recreat. Eden		Murder Unveiled (2005, Romance)		
		100	MTV 581 566	My Life as Liz	My Life as Liz	Taking, Stage	Made	MTV Live	Movie Night	The Real World		Taking, Stage	
	101	MM 570 580	Springbreak10 Wild in Cancun.		disBAND	disBAND	UR11		Springbreak10 Wild in Cancun.		MuchMegaHits		
	102	CPAC 512 396	(6:30) Primetime Politics			Revue		Question Period		Prime-Politics	Primetime Politics		
	103	VIVA 526 507	The Closer		Cold Case		Psychic Inv.	Ghostly Enc.	Judging Amy			Missing	
	106	RDI 126 730	Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal (SC)			24 Heures en 60 minutes		Le Téléjournal	
	161	SUPERF	Survivalance *** (2008, Suspense)				(8:45) Rambo *** (2008, Action) Sylvester Stallone				The Rebel (2006, Drama)		

critics' corner—

30 Rock
Liz (Tina Fey) keeps running into Wesley (Michael Sheen), causing her to question their decision. Tracy (Tracy Morgan) frets about his reputation when his children's former nanny writes a tell-all book. Jack (Alec Baldwin) takes steps to secure his position in the new cable company. Jack McBrayer, Scott Adsit and Judah Friedlander also star in the new episode "Don Geiss, America and Hope." 10:30 PM on CKEM, KHQ



Wallace & Gromit: The Curse of the Were-Rabbit
British filmmaker Nick Park's clay-animation characters, who previously populated some Oscar-winning short subjects, receive full feature treatment in this comedy. Wallace (voice of Peter Sallis) is an inventor whose speechless canine companion, Gromit, goes along with all his wacky ideas. The latest is a means of ridding gardens of pests, but it may not work on the huge rabbit doing damage just before a vegetable-growing competition. 8 PM on TQON



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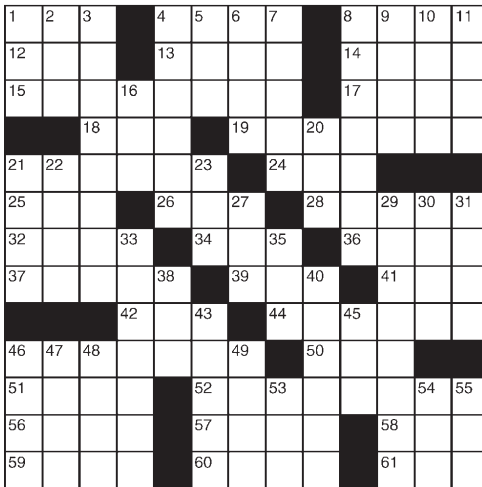


Today
Mostly cloudy
1°C / -3°C

Friday
Cool and cloudy
1°C / -7°C

Saturday
Mostly cloudy
6°C / -4°C

Take Five



ACROSS

1 Donkey
4 Difficult
8 Clenched hand
12 Cudgel
13 Hodgepodge
14 Formerly
15 Green onion
17 Stench
18 Began
19 Starting at the highest level
21 Diversion
24 Uncooked
25 Here (French)
26 Aries
28 Family branches
32 Fax cover-page word
34 Post-proof abbr.
36 Cry loudly
37 Melodies
39 Grumpy companion?
41 By way of
42 Hiatus
44 Suitor's intent
46 Annual publication
50 Zilch

51 Worms, maybe
52 Bundle of nerves?
56 Wheels of fortune?
57 Duel tool
58 Mine-car contents
59 Paradise
60 Entrance
61 Promptly

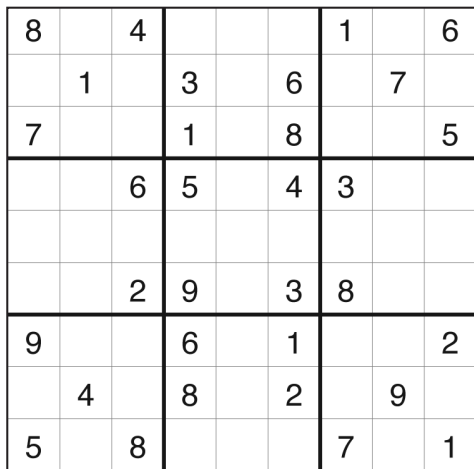
DOWN

1 Tummy muscles
2 Pouch
3 Mare's mate
4 Attorney General Eric
5 Foreman foe
6 Laugh-a-minute
7 Recipient's benefactor
8 Network of predatory relationships
9 —European
10 Garbage barge
11 Sea bird
16 Mainlander's memento
20 —de deux
21 Fissure
22 Beige
23 Online help page
27 Club —
29 Tent at an expo
30 Look-alike
31 Refinery waste
33 Explosive measure
35 Wall Street stat, with "The"
38 —Rafael
40 Eel type
43 Summoned on a beeper
45 Lubricant
46 Competent
47 Positioned
48 Marceau, e.g.
49 Guitar attachment
53 Ultra-modern (Prefix)
54 Acapulco gold
55 Fresh

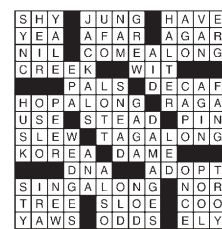
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	5	2	6	1	7	4	3	9
7	1	9	3	8	4	5	2	6
4	6	3	5	9	2	8	7	1
5	8	4	9	6	3	7	1	2
3	2	1	7	4	8	9	6	5
9	7	6	1	2	5	3	8	4
2	9	5	8	3	1	6	4	7
6	4	8	2	7	9	1	5	3
1	3	7	4	5	6	2	9	8

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You will try something totally outrageous today and friends and family may think you have taken leave of your senses.

TAURUS
APRIL 21-MAY 21
Someone will give you some excellent advice today, but for some reason you will refuse to take it.

LIBRA
SEPT 23-OCT 23
You may latch on to someone who appears to know what is going on — they are every bit as confused as you but they make a better job of disguising it.

SCORPIO
OCT 24-NOV 22
The planets indicate that what you are currently worrying about is irrelevant, so focus on what is still good in your world.

GEMINI
MAY 22-JUNE 21
As a Gemini you are used to doing half a dozen things at once but focus on doing one thing really well, and you'll shine.

SAGITTARIUS
NOV 23-DEC 21
You know what you want but you don't know how to get it. The cosmic picture is unsettled so circumstances may yet change for the better.

CANCER
JUNE 22-JULY 22
Say the wrong thing in the wrong way at the wrong time and you could find yourself out of favour with those who matter.

CAPRICORN
DEC 22-JAN 20
You will use what you know about a rival to put pressure on them today, but don't forget that you have a few weak spots as well.

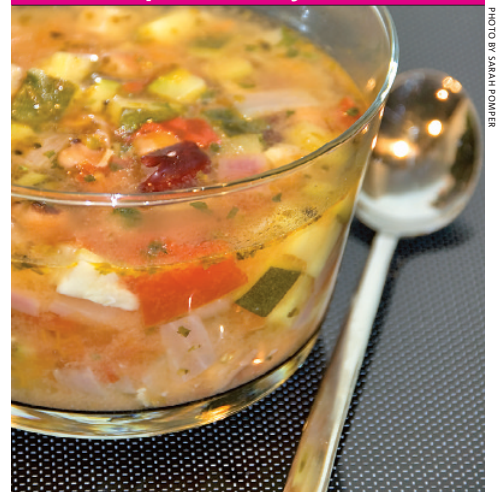
LEO
JULY 23-AUG 23
Don't be too eager to point out other people's mistakes today or you could make an enemy of someone it would have been wiser to keep on your side.

AQUARIUS
JAN 21-FEB 18
You may be tempted to lash out at someone who deserves to be told what you think of them but don't go too far or you may spoil your relationship forever.

VIRGO
AUG 24-SEPT 22
Be careful if you decide to pass on information that you have heard from a friend or work colleague today. Are you sure it's reliable?

PISCES
FEB 19-MARCH 20
Don't rush to get where you most want to go today — take your time and enjoy the scenery as it passes by.

Metro Recipe of the Day



Zucchini and Bean Soup

Submitted by
Karen Benevento,
Brampton, ON

INGREDIENTS:

3 tablespoons olive oil
2 medium zucchini, cubed
1 medium onion, chopped
1 cup mushrooms, chunked
2 clove garlic, minced
2 teaspoons fresh thyme, chopped
salt and pepper
1 large tomato, diced
1 carton low sodium chicken broth
1 can beans (kidney, chick-pea or a mix), drained and rinsed

METHOD:

1. In large pot, heat oil over medium high heat.
2. Add zucchini and cook, stirring often, for about 3 minutes.

3. Add onion, garlic, mushrooms, thyme. Add salt and pepper to taste and continue to sauté, stirring to prevent vegetables from scorching, about 5 minutes.
4. Gently stir in tomatoes. Add broth. Bring to a boil, reduce to simmer and add beans.
5. Simmer until beans are heated through.
6. Serve with rolls or warmed hearty multigrain bread.

SERVES 4

PREP TIME: 10 MINUTES
COOK TIME: 10 MINUTES



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This day in history

1850: American Express is founded by Henry Wells and William Fargo.
1893: Former Governor General Lord Stanley pledges to donate a silver challenge cup, later named after him, as an award for the best hockey team in Canada.
1906: Traian Vuia flies the first self-propelled heavier-than-air aircraft in Europe.
1945: Second World War: 1,250 American bombers attack Berlin.
1990: In the largest art theft in US history, 12 paintings, collectively worth around \$300 million, are stolen from the Isabella Stewart Gardner Museum in Boston, Massachusetts.

METRO NEWS SERVICES

Looks like a rabbit, eats like a rabbit, it's an ... actress?

Amanda Seyfried sticks diligently to a raw-food diet that she hates, popeater.com reports. "It's intense. And sort of awful," Seyfried says in the new Esquire. "Yesterday for lunch? Spinach. Just Spinach. Spinach and some seeds." **METRO NEWS SERVICES**

entertainment **17****Celebrity Buzz**

Follow these celebrities on Twitter...

CelebTweets

TYRA BANKS doesn't care about the rules anymore, **JAMIE KENNEDY** feels cheated, **HEIDI MONTAG** is easily entertained, and **RUSSELL BRAND** is getting free advice.

@tyrabanks Committed the ultimate model sin: a french manicure. Models are supposed to wear clear polish. But shoot, I'm retired! **@JamieKennedy** I have to give my Dr.72 hours notice when i cancel appt, or im charged, but when she canceled on me 1hr before i didn't free extra sesh. Is that fair?

@heidimontag I love the US Coast Guard so much! They have the coolest gazelle helicopters that fly over our house all the time. GO NAVY! love you guys!

@rustyrocks A surgeon who specializes in gender reversal just told me I'd make a good woman and gave me his card, like it was a haircut.

METRO NEWS SERVICES

Didn't wish for death

BUT SADLY IT FOUND HIM ANYWAY In the week since Corey Haim suddenly and tragically passed away, the outpouring of grief from his friends has been massive, popeater.com reports.

Now, ex-girlfriend Nicole Eggert is speaking out to Life & Style about the actor's troubled life, in quotes given exclusively to PopEater.

"He didn't want to die," Eggert says in the interview.

METRO NEWS SERVICES

His friends envy him

BUT THE LADIES ENVY HER ... A LOT Gerard Butler says he expects Jennifer Aniston romance rumours to continue well after their new comedy The Bounty Hunter opens Friday, us-magazine.com reports.

"It will never be over. If Jen remains my friend, which I hope she will, anytime we would ever hang out in any way will be dating again," he told USA Today at the film's NYC premiere Tuesday.

At the movie's London premiere last week, Aniston, 41, told BBC News that she and Butler, 40,

had a "good, fortunate time" shooting.

"We clicked," she said. "It was just easy. There was no kind of pretension to break through. We were instantly like, 'Yeah, I like you!'"

Butler said his friends were jealous that he got to work so closely with the actress, with whom he also gets cozy on the April cover of W magazine.

"I don't think I have to tell you what my friends said when I was working with Jen Aniston," he told BBC News.

"People love her. She's sexy. She's beautiful. My friends hate me that I get to (work with her), and they don't."

METRO NEWS SERVICES

Fiercely updating her book

HER NEW HAIR COLOUR IS OF GREAT EDITORIAL IMPORTANCE

Kelly Osbourne is revisiting her book Fierce — which also contained self-help advice for teenagers based on Osbourne's own life experiences — to include all the exciting things that have happened to her since it was published last September, femalefirst.co.uk reports.

"Last week I started a rewrite of my autobiography Fierce, which was released last year," she said.

"The publishers and I have decided it could do with updating after everything that's gone on during

the past six months, like taking part in Dancing with the Stars, and the cover photo needs changing too — I had black hair then."

Osbourne — who has been in rehab four times to be treated for addiction to painkillers — admits she is more proud of the book than any of her other career achievements.

In the first version of Fierce, Kelly spoke candidly about how she was addicted to Vicodin by the time she was 17.

METRO NEWS SERVICES

Spears single ... again

ONE OF HER DANCERS, A PAP, HER AGENT. THIS GIRL MAY NEED TO LOOK FOR LOVE OUTSIDE HER ENTourage Britney Spears has split from her boyfriend Jason Trawick, femalefirst.co.uk reports.

The singer reportedly ended her romance with the talent agent at the end of February following a year-long romance because they had been arguing constantly.

A source said, "They were fighting a lot and have not been getting along. They both just needed to take a

break from each other. It wasn't working out."

Despite their split, Jason, 38, will still represent Britney through the New York-based entertainment agency, William Morris Endeavor Entertainment, where he works.

This isn't the first time the pair have seemingly split. The 28-year-old pop beauty dumped Jason in January after learning he had been flirting with two women at Los Angeles' Roger Room bar before getting back together.

Britney — who has two sons with ex-husband Kevin Federline — and agent Jason started dating in March 2009. They split briefly in August, but soon reconciled.

Since their romance began, Jason has proposed to Britney several times.

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18 entertainment

Celebrity Buzz

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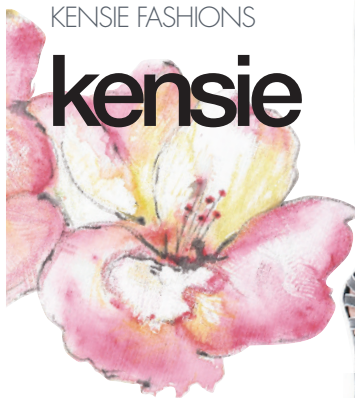
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He's a big shy softy

GOOD THING IT'S HIS JOB TO SPEAK IN FRONT OF MILLIONS OF PEOPLE He may have blushed and seemed "uncomfortable" as he sat beside and kissed his girlfriend on The Tonight Show last week, but Simon Cowell is really "giddy" with when it comes to rumored fiancée Meaghan Hus-sainy, people.com reports.

Cowell, 50, has been acting "teenagery and happy and light," British actress Amanda Holden tells People.

"They are like Tweedledee and Tweedledum. You can't separate them really."

Holden, who is a Britain's Got Talent judge and CBS Early Show special correspondent, might surprise many Cowell-watchers by saying that her friend is "shy" and not prone to outward displays of his private

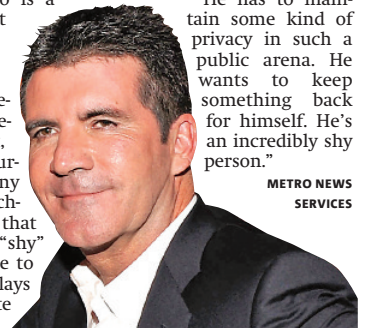
thoughts.

This may explain why he and Afghanistan-born Hus-sainy, 36, have been so coy about their marriage plans.

"Apart from his mom (speaking about him), he's never really let on much about his private life," she says.

"He has to maintain some kind of privacy in such a public arena. He wants to keep something back for himself. He's an incredibly shy person."

METRO NEWS SERVICES



A change needed in her dating patterns

MAY HAVE LESS TO DO WITH AGE AND MORE TO DO WITH LEVEL OF SKEEZINESS Pamela Anderson wants to date an older man, female-first.co.uk reports.

The former Baywatch babe — who was previously married to Tommy Lee, Kid Rock and Rick Sal-

omon and recently split from Jamie Padgett — wants to try romancing someone her senior as she thinks it may be the way to a successful relationship.

Talking about the prospect of dating boy band JLS, the 42-year-old blonde said, "I'm sure they are way too young ... I need an older man, don't you think?"

"I'm going to try that for once."

METRO NEWS SERVICES



Bad timing

OR REALLY GOOD TIMING — DEPENDS ON HOW HER PR PEEPS SPIN IT Jennifer Love

Hewitt's breakup with Jamie Kennedy comes just in time for the release of her dating advice book, The Day I Shot Cupid, but the actress tells People magazine she's no fan of being single.

"I don't like to go out to clubs and party."

"I'm not into 'Let's go out with one guy on a Monday and another guy on a Wednesday.' That's just not me," the "Ghost Whisperer" star says.

"I'm a relationship kind of girl. I like a twosome."

METRO WORLD NEWS



A brave new age

MAKING FRIENDS WHERE EVER HE GOES George Michael has reportedly been using a new iPhone application to make new friends, which should help him avoid any more run-ins with police in public restrooms.

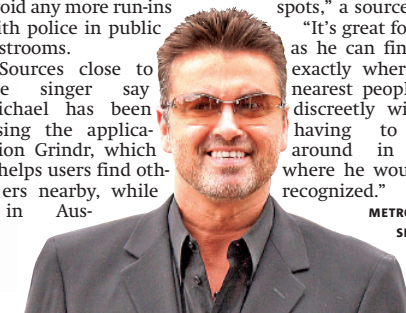
Sources close to the singer say Michael has been using the application Grindr, which helps users find others nearby, while in Aus-

tralia, according to the Daily Star.

"George has been using the application loads since he has been in Oz as he doesn't know the local spots," a source says.

"It's great for him as he can find out exactly where the nearest people are discreetly without having to ask around in bars where he would be recognized."

METRO NEWS SERVICES



Padma's baby

MAY ALSO BE ADAM'S BABY Adam Bell is reportedly negotiating with Padma Lakshmi for more visitation time with their newborn daughter, Krishna.

The Texas-based Bell told guests a recent barbecue "how excited he was to raise her, but that Padma wasn't being entirely accommodating," sources tell Page Six.

A source close to Lakshmi retorted, "An agreement was made with the biological father that was very fair. It's unfortunate if anything inappropriate is being said." Official reps for Lakshmi and Bell have yet to weigh in.

METRO WORLD NEWS

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Celebrity Buzz

Sarah's a sucker for love

AND KEEPS FALLING FOR THE FUNNY ONES It's no joke, Sarah Silverman still believes in love after the end of her romance with Jimmy Kimmel, people.com reports.

"I'd like to find that person," the comedian, 39, tells Playboy in a new interview.

"I think Jimmy and I had every intention of spending the rest of our lives with each other. I love love. It's my top priority. Jimmy will tell you. I'm a good girl."

Silverman, who is now dating Alec Sulkin, a writer for FOX's Family Guy, says she and Kimmel gave it their best shot in their two stints together between 2002 and 2009.

"We were together for so long and tried our best to make it work," she says. "I can think of

him now and don't have that edgy feeling anymore. I just love him to pieces."

She



adds, "Sometimes loving each other isn't enough. You have to be responsible for your own happiness. You can't stay in a relationship because you're afraid of the unknown."

"But I will always love him. Sometimes I think maybe we'll die together in our old age or something."

Her new boyfriend apparently doesn't feel overshadowed by her old one.

"He was the one who told me to watch Jimmy's 10 at 10 on Leno the day after he did that," Silverman says.

"He isn't ruled by ego; he's just himself."

METRO NEWS SERVICES

Bashing down the walls

DARN IT! SHE'S A CELEBRITY AND THAT GIVES HER RIGHTS ... RIGHTS TO DRIVE HER NEIGHBOURS NUTS Brooke

Shields has commissioned extensive changes to be made to her

\$5.6 million US home in the New York City's West Village area, but builders are said to be making so much noise and mess, other residents are threatening to move out, femalefirst.co.uk reports.

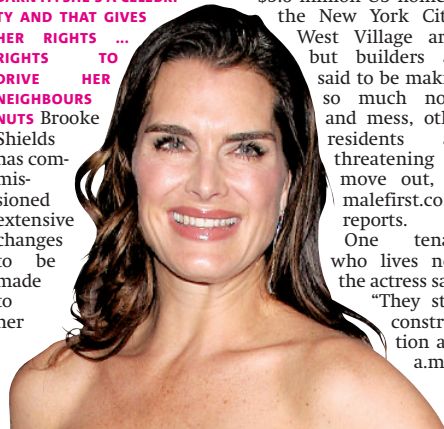
One tenant who lives near the actress said, "They start construction at 6 a.m.

every morning, and people are outraged.

"This has been going on for months, and people in surrounding buildings are threatening their property managers that they'll move out if it doesn't stop."

A group of residents reportedly confronted the renovation team but were told, "If you have a problem, take it up with Brooke Shields."

BLDG management, which leases many local apartments, has refused to comment on the troubles reported by the residents, including that the renova-



Brides and grooms to party Too much sharing

IS THAT LIKE A TARTS AND VICARS PARTY? When Heidi Klum and Seal renew their wedding vows again this year, party attendees will have to adhere to a very strict dress code, us-magazine.com reports.

"It's going to be all brides and all grooms," Klum told E! News.

"All of the women will be brides and all of

the men will be grooms." The supermodel and Project Runway host didn't offer much of an explanation.

"Just one day, I woke up and I was like, 'Oh, I know what I am going to do this year ... I like to have fun and I like to make it fun for my family and friends.'"

METRO NEWS SERVICES

SOMETIMES YOU DON'T WANT TO SEE EVERYTHING Judd Apatow doesn't want to see sex in 3-D.

The movie director, who has previously worked on films including Forgetting Sarah Marshall — where Jason Segal exposed his manhood — and Knocked Up, believes intimate scenes filmed using the technology is unnecessary, femalefirst.co.uk reports.

"I don't want

everything in 3-D because I don't want to be in the middle of everything," he said.

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